

3-4-50: Chronic Disease Deaths in San Diego County—North Central Region, 2000-2019

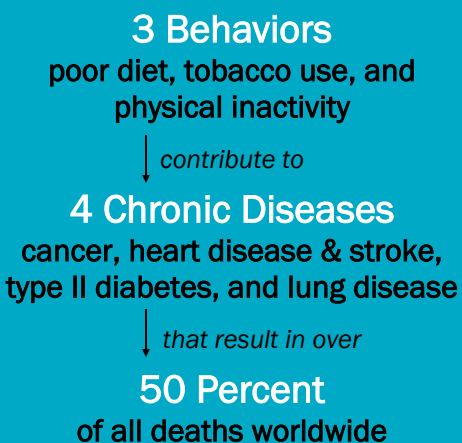
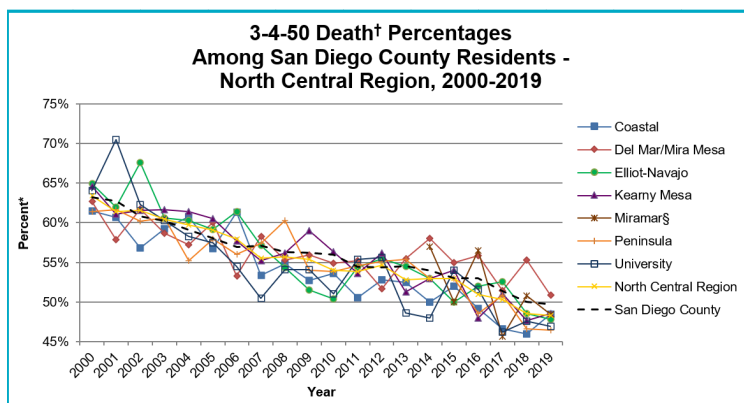


Figure 1: 3-4-50 Death Percentages



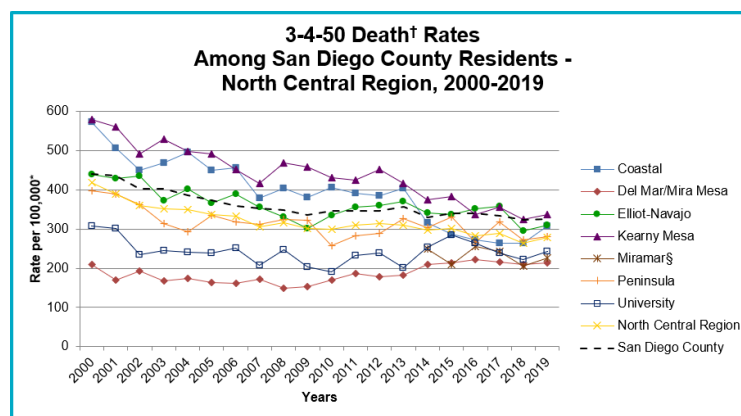
What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide. These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 50% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—North Central Region

- From 2000 to 2019, the overall percent of all deaths due to chronic disease decreased in the North Central Region and its Subregional Areas (SRAs), even though the number of all cause deaths increased (Figure 1).
- Overall, chronic disease death rates have decreased in the North Central Region and its SRAs from 2000 to 2019, with the exception of the Del Mar/Mira Mesa SRA, where the rate increased in 2019 (Figure 2).
- Among the North Central Region SRAs, Del Mar/Mira Mesa had the highest percentages of deaths due to chronic disease in 2019.
- Among the North Central Region SRAs, Kearny Mesa had the highest chronic disease death rate in 2019.
- Despite a decrease, chronic diseases still account for 48% of all deaths in the North Central Region.

Figure 2: 3-4-50 Death Rates



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
 *3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



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For more information and data, go to
www.SDHealthStatistics.com

What does 3-4-50 look like in North Central Region?

**In North Central Region,
3-4-50 is actually 3-4-48**

**In San Diego County,
3-4-50 is actually 3-4-50**

3 BEHAVIORS

TOBACCO USE*

- In 2019, 3.4% of North Central Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*~

- In 2019, over 1 in 3 North Central Region children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION~

- In 2019, 35.6% North Central Region children ate less than 5 servings of fruits/vegetables daily.

TOBACCO USE

- In 2019, nearly 1 in 14 San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2019, over 1 in 3 San Diego County children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION~

- In 2019, 62.1% of San Diego County children at less than 5 servings of fruits/vegetables daily.

4 CHRONIC DISEASES

CANCER

- In 2019, cancer was the leading cause of death in North Central Region.

HEART DISEASE & STROKE

- In 2019, 3.8% of North Central Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2019, 3.8% of North Central Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, 1 in 6 North Central Region residents had ever been diagnosed with asthma.

CANCER

- In 2019, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2019, 6.2% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2019, just over 1 in 11 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, nearly 1 in 6 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 48% of all deaths in the North Central Region.

In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in San Diego County.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "5 to less than 8 hours" and "8 or more hours" spent on sedentary activities on typical weekend days.